

What is claimed is:

1. A method for lowering blood concentration of total and low density lipoprotein cholesterol in a human comprising:
co-administering a plant sterol and a soy hypocotyl material to a human to decrease the blood concentration of total and LDL cholesterol in said human, where said plant sterol comprises at least 0.49%, by weight, of the combined weight of the co-administered plant sterol and soy hypocotyl material.
- 2 The method of claim 1, further comprising administering an isoflavone selected from the group consisting of genistein, daidzein, glycitein, biochanin A, formononetin, and their naturally occurring glycosides and glycoside conjugates.
3. The method of claim 2 wherein said plant sterol, said soy hypocotyl material, and said isoflavone are further administered to prevent or minimize the development of atherosclerosis.